Miss Prentice.

MILK in COOKERY

Issued by the
Auckland Metropolitan Milk Council

PAY CASH!

PAY LESS!

and **SAVE** *up to* **£15**
on the Latest Models of . . .

RADIOS, REFRIGERATORS,
VACUUM CLEANERS,
ELECTRICAL HOME APPLIANCES

HOME SPECIALTIES LIMITED

Sixth Floor - Commerce Bldgs.
1 Anzac Av. OPEN FRIDAY NIGHTS

for

Wallpapers

of

CHARM

and

DISTINCTION

•

Consult

SMITH & SMITH

LIMITED

(Send for Free Patterns)

Stockists of

Paints, Glass, Hardware, Tiles, Timber

9 and 11 ALBERT STREET

AUCKLAND

PHONE 32-400

Radio *and all* Electrical Repairs

BRING THEM TO US

If they are Electrical we can fix them

Don't throw away any broken electrical appliance—it may be repairable. Bring it to us. If it can be fixed we will do it at moderate cost . . . . . We are qualified to deal with all kinds of radio or electrical repairs, installations, extensions and alterations and you will receive the best that a skilled service can offer . . . . . For urgent work 'phone 42-810 and one of our staff will be sent immediately. There will be no delay with our service.

If you wish to save money, receive courtesy, promptness and satisfaction

Bring Your Repairs To Us

MOTORISTS: We are also ignition and battery specialists—our testing equipment is the most up-to-date in N.Z and our service second to none. Distributors of TUDOR, COMET and COMET BLUE SEAL Batteries, Genuine BEAR BRAND Parts and DESMO Accessories. Let us make your car electrically perfect.

Radio and all Electrical Repairs —bring them to us

TURNBULL & JONES Ltd.

WELLESLEY ST., EAST

OPEN TILL 9 FRIDAY EVENINGS

AMBURYS Ltd.

Day and Night Phone 24-660

Vendors of
Milk, "STAR" Butter
and Eggs

BUY YOUR MILK

from

AMBURYS
LIMITED,

the Up-to-date Milk Vendors,

in STERILE BOTTLES, MECHANICALLY SEALED, and SAFE-GUARD the FAMILY HEALTH!

Our Roundsmen also deliver on request our famous "STAR" brand **BUTTER** in ¼lb., ½lb., and 1lb. Pats, and **FRESH EGGS.**

AMBURYS Ltd.

Day and Night Phone 24-660

FOREWORD

by

THE AUCKLAND METROPOLITAN MILK COUNCIL

THE MILK COUNCIL was set up by an Act passed in 1933.

Its function is generally to regulate the Town milk trade so as to ensure for consumers milk of the highest possible quality and purity, at the cheapest possible price. The Council is required under the Act in fixing prices to take into consideration costs of production and distribution. Under existing methods these are unfortunately high, but the Council has engaged an experienced Consolidation Officer and is very hopeful of being able to eliminate the overlapping which has been one of the evils of the industry for many years past.

In the fulfilment of these duties the Council has made many regulations dealing with the inspection of dairy premises, milk storage depots, milk shops, and the vehicles in which milk is delivered. It has been found necessary owing to the unsatisfactory conditions which have been met with, to suspend or cancel certain licenses, and in extreme cases prosecutions have also been undertaken.

The desire of the Members of the Council is to bring about the changes which are undoubtedly required by educational methods, and in all its work to give service to those engaged in the industry and the consumers. With this object in view the Council has recently undertaken the regular testing of milk and a large number of bacteriological tests are being made every day from samples taken from Dairymen, from Vendors on the round, and from Milk Shops. A marked improvement in quality has been effected in the short time in which this work has been going on. A highly qualified milk expert has been engaged whose services and advice will be available to producers and Vendors alike, wherever trouble in maintaining a high standard is experienced.

Officers of the Council will always give immediate attention to any complaint by a consumer in the Milk District regarding the quality or purity of milk received.

The Milk Council is using every endeavour to improve conditions in the Milk Trade, and in this it has the support of most of those engaged in the industry. The whole-hearted co-operation of Producers, Vendors and Consumers will enable the Council in good time to provide Auckland with what local conditions warrant: the best milk at the lowest price obtainable anywhere in the World.

AUCKLAND,
MARCH 20th, 1936.

MILK IN COOKERY

MILK—pure, rich, fresh milk, the perfect food — deserves a prominent place in your cooking. Milk can be used in the preparation of a great many more dishes, in every course of the menu, than is generally realised. It is the object of this booklet to demonstrate, by the carefully selected recipes it contains, the economical use of Milk in almost every phase of cookery.

As a means of adding to the nutritive qualities of cooked food, Milk has no equal. It is the most nearly perfect of all foods, containing in abundance the vitamins essential to health. In the scheme of human nutrition pure Milk is an incomparable food, a fact recognised since ancient times and confirmed beyond doubt by the results of modern scientific investigations. It brings to your table a daily store of health, the purity and freshness of sunny open fields. It supplies the vital elements so often lacking in the average diet.

Cooking does not impair the food value of Milk, while its delicious, creamy flavour is most appreciated in combination with other foods. Cooking also aids digestibility.

Milk returns full value for every shilling spent. In the words of Dr. Harvey Sutton, O.B.E., Director of School of Public Health and Tropical Medicines, Sydney University: "Value considered, Milk is the most economical food you can buy." Money spent on Milk is money well spent—an investment in the greatest cause of all—HEALTH.

Always use fresh Milk, delivered by your milkman. Nothing can take the place of Nature's own food.

"One Good TON
Deserves Another"

That's the reason why for 74 years

Winstone's

have been known as Auckland's leading

COAL SUPPLIERS

Order Your

Taupiri Coal
(IT'S WAIKATO'S BEST)

Carbonettes

Ti-Tree Stove Blocks

Full Weight——Best Quality
Prompt Delivery

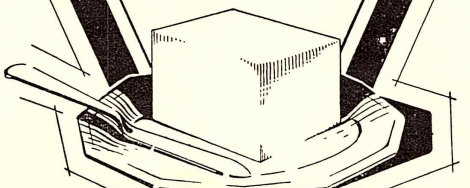
Winstone

LIMITED
TAUPIRI AGENTS

PHONES—44-666, 44-777, 44-880

ASK

FOR IT



ANCHOR

Butter

SOUPS

Delicious Soups can be made with milk combined with vegetables or fish stock, and these are valuable in the diet of children, convalescents and those restricted to a meatless diet.

ARTICHOKE SOUP.

Ingredients:

2 lbs. artichokes
1 oz. butter
1 oz. flour
1½ pints milk
½ pint water
Salt and pepper

Method: Cook the artichokes in just enough milk to cover them. Rub through a sieve. Melt the butter in a large saucepan; add the flour and work together with a wooden spoon until all the butter is absorbed. Draw to the side of the stove and add gradually one pint of milk, stirring all the time, then pour in the artichoke purée and bring to the boil. Simmer very gently for five or ten minutes and serve.

CHEESE SOUP.

Ingredients:

1½ pints milk
1 bay leaf
2 onions
1 oz. butter
1 oz. flour
3 ozs. grated cheese
Salt and pepper

Method: Chop the onions and fry in butter. Add the milk and bay leaf. Bring to the boil. Add the flour that has been mixed very smoothly with some milk. Simmer for fifteen minutes, stirring repeatedly. Add the grated cheese. Season well. Boil up again and serve. Sufficient for three people.

CAULIFLOUR SOUP.

Ingredients:

1 cauliflower
1 pint milk
1 tablespoon butter
1 dessertspoon arrowroot

Method: Boil a cauliflower until tender, then mash through sieve. Put into water in which it has been boiled a tablespoon of butter and a little grated cheese if liked; pinch of cayenne pepper and salt to taste. Add the cauliflower and put it on to boil. Mix a dessert spoon of arrowroot in a cup; add it to the mixture when it boils. Vegetable marrow can be used in the same way.

FISH SOUP.

Ingredients:

1 pint milk
1½ pints fish stock
1 oz. sago
½ oz. cornflour
Chopped parsley
Pepper and salt

Method: Boil the stock. Add the cornflour mixed with a little milk. Add sago; simmer 15 minutes. Add the milk and about a teaspoonful finely chopped parsley. Season to taste. Serve with small dice of fried bread.

HALLENSTEIN BROS LTD
HB
NEW ZEALAND

RELIABLE BOYS' WEAR

H.B.'s Boys' Clothes are made for hard wear—yet they cost no more! You can rely on H B 's clothes standing up to the roughest, most active wear.

H.B.'s are the recognised largest Boys' Outfitters in the Dominion.

"ULTIMAX"

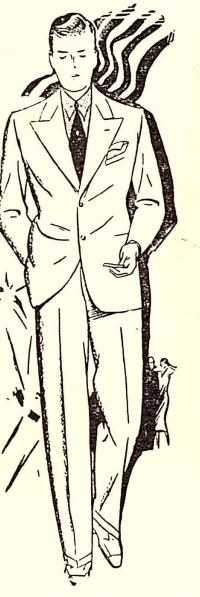
The finest suit Money can Buy

Made only by H.B.'s

Only the very best workmanship and materials go in the making of "H B.'s" Ultimax Suits and every suit sold is guaranteed to give the wearer every satisfaction.

Ready-to-wear - **79/6 to 95/-**

Made to measure—
105/- to 155/-



H.B.'s are specialists in

SPORTS WEAR
MERCERY
HATS
CLOTHING and
Footwear for the whole Family
(Footwear at Queen Street only)

Hallensteins

QUEEN STREET
and Newton, AUCKLAND

CREAM OF LIMA BEAN SOUP.

Ingredients:

1 cup dried lima beans
3 pints cold water
2 small onions
1 carrot
1 cup milk
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
½ teaspoon pepper

Method: Soak beans overnight. In the morning drain and add cold water and cook until soft with onions and carrot. Rub through sieve. Melt butter in saucepan and add flour, salt and pepper. Stir butter mixture into boiling soup and add the milk before serving.

Dried peas or lentils may be used in place of lima beans.

MOCK-BISQUE SOUP.

Method: Scald two-thirds of a cupful of milk and thicken with three-fourths of a tablespoonful of flour diluted with cold water until thin enough to pour. Cook in double boiler 10 minutes, stirring constantly at first. Heat ¼ of a cupful of stewed and strained tomatoes to the boiling point, add ¼ of a teaspoonful of sugar and a few grains of soda, and add gradually to thickened milk. Add ½ tablespoonful of butter, bit by bit, and ¼ of a teaspoonful of salt. Strain and serve at once. If not served immediately this soup is liable to curdle.

RICE AND MILK SOUP.

Ingredients:

2 white onions
½ head celery
2 ozs. butter, lard or good dripping
2 tablespoons rice
1½ pints water
1 pint milk
Pepper and salt
2 teaspoons chopped parsley

Method: Prepare vegetables and cut finely; make butter hot in saucepan, add vegetables and stir over slow fire for 5 minutes, but do not allow to colour, stir in rice, add water, 1 teaspoon salt and ¼ teaspoon white pepper and simmer for 1 hour, stirring occasionally. When rice and vegetables are tender add milk and parsley, bring to boil and serve with croutons of toast.

WHITE VEGETABLE SOUP.

Ingredients:

1 lb. potatoes
1 onion
1 white turnip
½ head celery
1 parsnip
3 pints water
1 teaspoon salt
½ teaspoon sugar
1 tablespoon lard or butter
1 tablespoon flour
1 pint milk

Method: Prepare vegetables, cut up roughly; make fat hot in a saucepan, add vegetables, stir till they steam, but do not brown them; add

¶ **Dr. Sandford Morgan, Assistant Director Maternal and Baby Welfare, says:—"For every £1 spent on food, at least 5/- should be spent on milk."**

House Cleaning—To keep baths, tiles, stoves, sinks and woodwork clean and gleaming, and at the same time preserve their surface, use only Clever Mary for all household cleaning. Obstinate dirt, grease, rust and film melt magically away before this searching cleanser .... even greasy overalls, paint or tar stained clothes respond. A little Clever Mary in the washing-up water gives your china a lovely lustre and leaves your hands thoroughly cleansed and smooth and white. And drains stay clean and free when Clever Mary does the cleaning in the house.

CLEAN WITH

CLEVER

MARY

Whiter Washing—There is an excellent washing powder on the market which whitens discoloured linen and saves you the drudgery of rubbing. Simply empty one of the tiny packets of No Rubbing into a copper full of cold water, with 6ozs. of ordinary soap; bring water to the boil and boil briskly for 25 to 30 minutes. Your clothes will come out gloriously white and you'll scarcely know you've done a day's washing at all. No Rubbing will not injure flimsy fabrics or the sensitive skin of your hands .... it is guaranteed free from all injurious chemicals.

8 WEEKLY WORKLESS WASHES

NO

In one compact package of

RUBBING

LAUNDRY HELP

sugar, salt, water. Simmer gently 1 hour, or until soft. Rub through a sieve or strainer. Return to saucepan, add milk, and bring to boil. Blend flour smoothly, stir into soup, and cook 5 minutes, stirring all the time. Season to taste. Serve with croutons of fried bread.

TOMATO CREAM SOUP (Three Helpings).

Ingredients:

1 dessertspoon soaked sago
½ lb. ripe tomatoes
Strip of bacon rind
1 small onion
1 blade mace
1 pint vegetable stock or water
1 dessertspoon lard or butter
½ teaspoon salt
1 clove
Pinch of pepper
Pinch sugar
½ pint milk or 1 gill cream

Method: Prepare onion and tomatoes, cut up roughly, melt butter in saucepan, add vegetables, stir over a low fire without browning till soft, add stock or water, clove, mace, rind, salt, pepper, sugar; bring slowly to boil and simmer until soft. Rub through a coarse strainer, return to saucepan. Add soaked sago, stir till clear. Add milk or cream, slowly, and re-heat. Do not boil after milk is added.

FISH, MEAT AND VEGETABLE DISHES

FISH: It is necessary with many fish to supply a rich well-flavoured sauce, such as Melted Butter Sauce, made with milk. This sauce, the recipe of which is here given, forms the foundation of a great variety of sauces, by the addition of different flavours. Melted Butter Sauce, if made very thick, is also useful for binding cooked fish, meat and poultry for rissoles, croquettes, etc.

MEATS: White meats, as brains, tripe, rabbit, chicken, sweet-breads, veal, are more nourishing and easily digested when made into a fricassee or scalloped, using milk. A well-made parsley, caper or onion sauce is a tasteful adjunct to boiled meats.

VEGETABLES: When vegetables are served as a separate dish for luncheon, or in the diet of vegetarians, they must be balanced in body-building substances. This may be done by "dressing" the vegetables with a rich melted butter sauce.

Perfect Food

is the essence of good housekeeping

There is just **THAT SOMETHING** about *Opotiki Butter*—a richness and delicacy of flavour which makes *Opotiki* more tempting than any other butter and costs no more.

OPOTIKI BUTTER

OPOTIKI
butter
CREAMERY
ONE POUND NET
Awarded Gold Medal, First Prizes, and Certificates of Merit.
OPOTIKI
OPOTIKI BUTTER
is churned by the Opotiki Dairy Association Ltd., at Opotiki, under the best modern hygienic conditions.

Wholesale Distributors:

C. AICKIN & SONS (AUCKLAND) LTD.

ANZAC AVENUE, AUCKLAND Phone 43-934

FRICASSEE FISH.

Ingredients:

½ lb. fillet of schnapper
½ lemon
Salt, pepper, little chopped parsley
1 dessertspoon butter
1 dessertspoon flour
1 cup milk

Method: Lay fish on greased plate, sprinkle with salt and few drops lemon juice or vinegar, cover with another plate and steam over a saucepan of boiling water until white and tender, 10 to 15 minutes. Remove skin and bones, if any, break fish into neat pieces. Melt butter in saucepan, add flour and stir till smooth. Add milk, bring to boil, stirring well all the time. Add pinch of salt and pepper and about half a teaspoon of finely chopped parsley. Place pieces of fish in sauce, stir carefully while re-heating. Serve on a hot dish.

FRICASSEE RABBIT OR FOWL.

Ingredients:

1 rabbit or 1 fowl
1 onion
1 pint water or white stock
½ pint milk
1 tablespoon flour
1 teaspoon salt if water is used
⅛ teaspoon pepper
1 teaspoon chopped parsley
1 stick white celery if liked

Method: Soak rabbit in warm salted water for ¼ hour, wipe dry and cut into neat joints. If fowl is to be used the skin should be removed, and the fowl cut into neat joints. Place meat into a saucepan with water, salt, pepper, and onion and celery cut into dice; bring to boil, simmer till tender (1½ to 2 hours). Blend flour smoothly with some of the milk, remove meat, add remainder of milk, bring to boil, stir in blended flour, cook gently 3 minutes, add parsley, return meat to saucepan, re-heat and serve on hot dish.

FRICASSEE CHOPS.

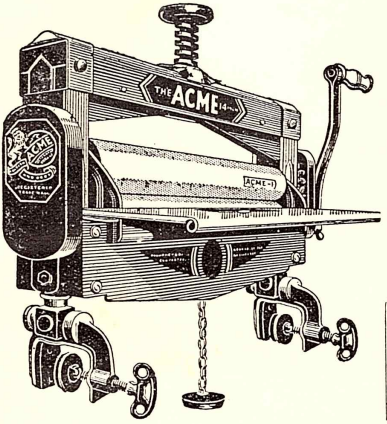
Ingredients:

1 lb. best end neck or chump chops
1 onion
1 cup milk
1 tablespoon flour
½ teaspoon salt
Pinch of pepper
1 teaspoon finely chopped parsley
1½ cups water

Method: Trim chops and remove all small pieces of broken bone. Peel onion and cut into dice or rings. Place chops, onion, salt and pepper into saucepan, add water, cover saucepan with lid, bring to boil, then simmer gently 1½ hours. Blend flour with sufficient cold milk to form a smooth paste. Lift out chops, add remainder of milk, bring to boil, stir in blended flour and cook gently 3 minutes. Add chopped parsley and chops. Re-heat and serve on hot dish.

¶ **Dr. Saleeby, the great English eugenist, refers to milk as "The Food of Foods!"**

THE BIGGEST WASH IS CHILD'S PLAY WITH AN ACME WRINGER!



10 YEARS FREE REPLACEMENT GUARANTEE

Sold at all good Hardware Stores

55/-
NETT

Let the modern ACME wringer make your wash-day easy. Its big resilient rubber rollers wring the heaviest blankets or daintiest undies so dry—without risk of damage—and without effort. A patent reversible water drain enables clothes to be wrung from either side.

A sturdy rust-proof steel-frame, enamelled an attractive blue, a patent clothes guide, clamps that fit anywhere and a 10 years' free replacement guarantee, are amongst other Acme features.

A minute to spare is time enough—

to tidy up when you have a Ewbank Carpet Sweeper. Always ready for its task, its ball-bearing brush presses deep into the pile and in a few moments the carpet is left dustless and smooth. A Ewbank ensures cleanliness.

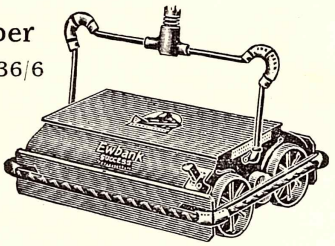
Ewbank

BRITISH
Carpet Sweeper

'Ewbank Success' 36/6

Other models
'Empire' 34/-
'Merit' 30/-

See this famous English Sweeper at any Good Hardware or Dept. Store.



VEGETABLES AU GRATIN.

Ingredients:

1 small cauliflower or vegetable marrow or 1 lb. white onions
½ pint melted butter sauce
2 ozs. grated cheese
1 oz. butter
2 tablespoons bread-crumbs

Method: Prepare and boil the vegetables in the usual way. Drain thoroughly. Place in a greased dish. Cover evenly with melted butter sauce, sprinkle with grated cheese and bread-crumbs, add butter in small pieces on top. Bake in a moderately hot oven until a golden brown. Serve hot.

FISH CREAM.

Ingredients:

4 ozs. cooked white fish, boiled and flaked
1 oz. butter
2 ozs. breadcrumbs
½ pint milk
1 egg
Pepper and salt

Method: Mix fish and bread-crumbs together. Add the butter, make the milk hot and pour over. Beat well. Beat the egg slightly and add. Season well. Put into a buttered dish or basin. Cover with greased paper and steam for half-an-hour. Turn out and serve with white sauce.

FISH CUSTARD.

(A light nourishing dish, excellent for invalids or children).

Ingredients:

1 lb. filleted fresh schnapper or similar fish
Breadcrumbs
1 egg
½ pint milk
1 oz. butter
Salt and pepper

Method: Lay the fillets on a greased dish and scatter bread-crumbs over thickly. Beat the egg with the milk. Add pepper and salt. Pour over the fish, add the butter in small pieces, and bake ½ hour in a fairly quick oven.

SCALLOPED FISH.

Ingredients:

½ pint milk
1 oz. butter
1 oz. flour
Salt and pepper
Anchovy essence
Cold cooked fish
Breadcrumbs

Method: Put butter into pan. Add flour and mix well over fire. Add milk all at once and stir until boiling. Add the essence, and salt and pepper to taste. Remove the bones and skin from the fish and flake it. Mix it now with the sauce. Put this mixture into a piedish and sprinkle with bread-crumbs. Scatter small pieces of butter on the top and put into an oven until a nice golden brown.

"MILK BREAD"

HAVE YOU TRIED OUR SPECIAL VIENNA ?

Walter Buchanan's

Tip-Top Bread

is genuine Milk Bread made with tested milk scientifically controlled at every stage

Unequalled for purity, flavour and keeping qualities.

Same price as ordinary bread. Obtainable at all stores. Delivered daily all districts.

If unobtainable at any Country store, write us

Walter Buchanan Ltd.

Eden Terrace, Auckland

PHONE 40-984

MEAT DISH WITH MILK.

The following is an excellent way in which to use up cold meat:—

Ingredients:

1 lb. cold meat
¼ lb. stale bread
1 onion
1½ gills milk
1 tablespoonful curry powder
Juice of half a lemon
1 egg
Salt and pepper

Method: Break up the bread and soak in cold milk until soft. Then beat with a fork. Mince the onion and fry it in a little dripping. When light brown, add the curry powder and fry for 3 minutes, stirring all the time. Mince the meat, add the bread, onion, and the juice of a lemon. Season with pepper and salt.

BAKED ONIONS.

Ingredients:

1 doz. medium-sized onions
1 oz. of butter
1 pint of milk
2 tablespoonfuls of tapioca
Chopped parsley
Pepper and salt

Method: Cook the onions in boiling salted water until tender. Then drain and put in a buttered pie-dish. Add the milk and the tapioca, the butter, pepper and salt, and about a tablespoonful of finely chopped parsley. Cook in a moderate oven for ¾ hour. Serve in a pie-dish.

POTATO MOULD.

Method: Mash 1 lb. of well-cooked and dried potatoes with the same quantity of mashed carrot. Rub through a fine sieve and mix well together with warm milk and nice piece of butter. Turn into a well-buttered mould and bake in a hot oven for 15 minutes. Turn on to dish and return to oven until nicely browned.

SAVOURY POTATOES.

Method: Fill a pie-dish with alternate layers of sliced raw potatoes and Spanish onions. Season with salt and pepper. Put a few small pieces of butter on the top. Cover with milk and water (three parts milk to one part water) and cook in a moderate oven for an hour. This is an excellent supper dish, or may be served with cold meat for lunch.

VEGETABLES WITH MILK.

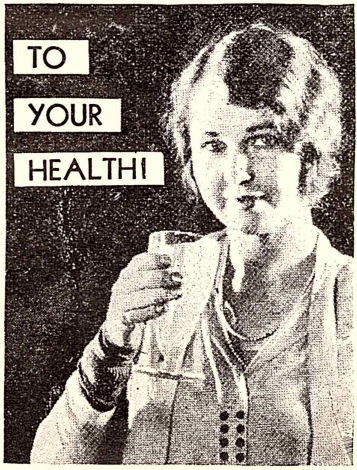
Method: Brussels sprouts, small onions, potatoes cut in slices, carrots and turnips cut in dice, celery (outside leaves will do), shredded cold cabbage or cauliflower, and any other cold vegetable that wants using up. Put all together into an earthenware pie-dish with about 1 oz. of butter, salt and pepper, and just enough milk and water to cover. Stew gently until the raw vegetables are soft. Blend a dessert-spoonful of flour with a little cold water. Pour in and bring to the boil. Serve in the pie-dish.

This is a most economical and satisfying dish,

Stonex Bros. Ltd.

for

SAFE Pasteurised MILK and Cream



DRINK MILK!

The PERFECT Food

Special Baby Milk on Request

Stonex Bros. Ltd.

Milk Vendors

AUCKLAND

Depot and Factory: 20 Edinburgh St., Newton

PHONES: 45-076 :: 41-106

We Deliver City and Suburbs

and very delicious. Any cold or cooked vegetables may be used—fresh tomatoes or celery are excellent for flavour, cold haricot or runner beans, potatoes and onions make a very good foundation.

BEETROOT AND POTATO.

Ingredients:

1 or 2 cooked beetroot
2 onions
2 ozs. of butter
1 tablespoonful flour
1 dessertspoon vinegar
1 pint milk
1 teaspoonful sugar

Method: Slice onion very thinly. Put into pan with the butter and pepper and salt, and cook for 10 minutes, not browning them. Mix in the flour and then the milk and stir until boiling. Then add the beetroots, cut into thin neat pieces. Cover the pan and cook slowly 20 minutes. When ready add the vinegar and sugar. Arrange a border of mashed potato on a hot dish. Put the beetroot in centre and sprinkle with finely-chopped parsley.

MILK PUDDINGS, CAKES and DESSERTS

Milk enters into the making of all kinds of puddings. Those termed "Milk Puddings" are combined with cereals or with other farinaceous foods and baked. Junkets and blanc mange are composed almost entirely of milk.

Milk sauce is served with all steamed and boiled puddings, and a pie. tart, stewed fruits, fruit salad are not complete without cream or custard.

GELATINE BLANC MANGE.

Ingredients:

1 teaspoon Davis gelatine
1 teaspoon sugar
1 cup milk
Few drops essence

Method: Place gelatine in a basin and add the milk, stirring well. Allow to stand for 15 minutes, turn into a saucepan, add sugar, and stir over fire until milk is steaming hot, but it must not boil. Remove from fire, add essence and pour into wetted moulds. Put in a cool place to set. Turn out in same way as a jelly on to a glass dish. Serve with custard, stewed fruit or jelly.

SHARLANDS

Vinegar

Best for Over
40 years

STILL THE BEST!!

Means Sure Success

in

Pickling and Salads

Insist on

SHARLANDS

"When It's a Matter of Good Taste"

The Careful Housewife
Serves

CHOYSA TEA

and *knows* that her guests and her family will be delighted with the tasty cup-deliciousness of this scientifically blended brand of Ceylcn's finest Hill-grown Teas.

Steadily growing in the popularity of ladies who can—and do —appreciate REALLY GOOD TEA—

"CHOYSA"

CARAMEL JUNKET.

Ingredients:

4 tablespoons sugar caramelized
4 tablespoons water
3 tablespoons granulated sugar
Few grains salt
½ teaspoon vanilla
1 pint milk
½ Renco tablet

Method: Add water to caramel sugar and cook to thick syrup. Add syrup, sugar, salt and vanilla to milk and cool to blood heat. Dissolve junket tablet in cold water, add to tepid mixture and pour into serving dish.

MILK JELLY WITH FRUIT.

Ingredients:

1 pint milk
2 dessertspoons Davis gelatine
½ oz. glace cherries
Vanilla essence
Carmine

Method: Melt gelatine carefully in four tablespoonfuls of hot water—on no account must it boil—warm the milk and strain the gelatine into it. Add the sugar, vanilla to taste, and the cherries cut very small, then a few drops of carmine to make a delicate pink. Keep the mixture in a basin until about to set, stirring often to prevent the cherries sinking to the bottom. Pour into a wetted mould and leave until set.

TOAST MERINGUE.

Method: Cut one slice of bread ¼-inch thick, remove crusts, and toast on both sides. Heat 1-3rd of a cupful of milk in a small omelet pan, and when the milk is nearly at the boiling point add ½ teaspoonful of butter and the white of one egg beaten until stiff and sprinkled with a few grains of salt. Fold the egg over and over in the milk until firm, then pile on the toast; pour around the toast the milk that the egg has not absorbed. Garnish with a sprig of parsley.

BREAD AND BUTTER CUSTARD.

Ingredients:

1 pint milk
Thin slices of bread and butter
2 ozs. sultanas
1 oz. sugar
2 eggs

Method: Butter a pie-dish and line it with sultanas, then fill with slices of bread and butter. Beat the eggs for a few minutes, mix with them the sugar and milk, and pour gently over the bread and butter. Sprinkle a few sultanas on the top, and bake in a very moderate oven.

¶ **Dr. J. S. Purdy, Metropolitan Medical Officer of Health says:—"Every child up to the age of six should have a quart of milk a day and up to the age of eighteen one pint."**

RICH PANCAKES.

Ingredients:

3 eggs
3 ozs. fine flour
A pinch of salt
¾ pint milk
Lard or butter for frying

Method: Beat the eggs for 5 minutes, add the flour a teaspoonful at a time, a pinch of salt, and very gradually the milk. Beat briskly until the whole is a smooth cream. Fry as directed above.

BAKED PANCAKES.

Ingredients:

2 eggs
2 ozs. butter
2 ozs. flour
2 ozs. castor sugar
½ pint milk
Jam

Method: Beat the butter and sugar to a cream, then add 2 well-whipped eggs, and beat again. Beat in the flour, then very gradually the milk. Bake the batter in large well-greased saucers or deep plates. Spread with jam, fold over and serve hot.

CREMES CARAMELS.

Ingredients:

1 pint milk
4 eggs
2 ozs. sugar
8 drops vanilla essence

Method: Put the sugar in a strong saucepan with a gill of water and boil briskly until it is quite brown. Butter some small moulds and line them with this caramel.

Whip the yolks of the eggs, and the whites separately, beat them together for a few minutes; then add the flavouring and the milk. Pour the custard into the moulds, cover them with greased paper, and steam for 1 hour. Turn out when cold.

APPLE FRITTERS.

Ingredients:

2 large cooking apples
4 ozs. flour
A good pinch of salt
A piece of butter the size of a walnut
1 gill milk
1 egg
2 ozs. white sugar
½ lemon
Fat for frying

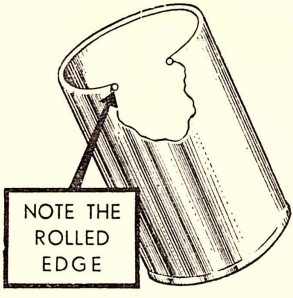
Method: Peel the apples and scoop out the cores. Cut the apples in slices across, put them on a dish, sprinkle the sugar and the strained lemon juice over them, and leave for 1 hour. Sift the flour, mix a good pinch of salt with it, add the well-whipped egg, the butter melted, and the milk. Beat well the whole time you are adding these ingredients. This batter should be thicker than pancake batter, thick enough to drop, but not pour from, the spoon.

Put the sweetened apple rings into the batter. See that the fat is boiling in your pan, put in a wire basket, take out each apple ring separately and drop them into the fat. Fry a golden brown, drain well, and sprinkle with sugar. Serve with cut lemon and sugar.

WINSON'S

Gives Satisfaction to Mother and Pleasure to Family

BAKING



Now using an improved tin

You will have no difficulty in replacing lid—the rolled edge ensures an easy yet tight fitting lid

POWDER

Large Tin 1/- Small (5oz.) 6d.

Results will be better than you have ever achieved before.

If not, your money refunded in full

ORANGE FRITTERS.

Ingredients:

3 large sweet oranges
1 tablespoonful sherry
2 ozs. white sugar
Batter as above

Method: Peel the oranges, divide them into sections, being careful not to break the skin. Sprinkle over them the sugar and sherry. Leave for 1 hour. Fry as for apple fritters.

DATE FRITTERS.

Method: Remove the stones fom large dates, and replace them with blanched almonds. Dip in batter and fry in boiling fat. Serve with sugar and lemon.

APPLE TAPIOCA.

Ingredients:

1 lb. cooking apples
1 pint new milk
2 ozs. crushed tapioca
4 ozs. sugar
1 egg
1 lemon
12 drops vanilla
A little icing sugar

Method: Peel, core and slice the apples, and stew them with 2 oz. of sugar and a very little water. When done put them in a pie-dish.

Peel off the yellow part of the lemon rind, and put it in a saucepan with the milk. Let the rind infuse in the milk over gentle heat until it has flavoured it pleasantly, then take it out and put in the finely-crushed tapioca. Simmer very slowly till it is a smooth thick cream, being very careful that it does not stick or burn. Stir in the vanilla essence, the beaten yolk of the egg, and the remainder of the sugar. Turn this on to the stewed apples, and leave until cold.

When cold, whip the white of the egg with enough icing sugar to make it like thick cream, pile it on the pudding, and just colour lightly in the oven. Serve hot or cold.

SWISS PUDDING.

Ingredients:

4 large apples
A little milk
Some melted butter
Stale sponge cakes or rusks
Sugar to taste

Method: Peel and core the apples, cut up into small dice, and sweeten to taste. Beat up the rusks or sponge cake with a fork after soaking them in milk until soft, and put alternative layers of apples and rusks in a well-greased pie-dish. Pour melted butter or margarine over the top, and bake until a golden brown.

HAMPTON APPLE TART.

Ingredients:

1 lb. apples
8 ozs. flour
5 ozs. sugar
6 ozs. butter
Rind of ½ lemon
½ pint milk
Custard powder equivalent to 1 egg
Pinch of salt
1 teaspoon baking powder

Method: Add the salt to the flour, and rub into it 5 ozs. of butter. Mix to a stiff paste with cold water, and line a deep plate with it. Stew the

EGGS KEEP FRESH
when preserved
with

SHARLANDS
Egg Preservative

Take No Risks

Preserve the

SAFE!
SURE!!
CHEAP!!!

way and make certain of a good supply of Fresh Eggs when the price is high

Also put up in Paste form for those who prefer it.

apples, peeled and cored, with a ¼ lb. of sugar, the lemon rind, and a very little water. Spread this over the pastry. Make a custard with the powder, milk, and the remainder of the butter and sugar. Pour this over the apple, and bake the tart in a moderate oven for 20 to 25 minutes.

APRICOT MOULD.

Ingredients:

4 ozs. dried apricots
1 pint milk
¾ oz. gelatine
3 ozs. sugar
1 oz. sweet almonds
A little whipped cream

Method: Soak the apricots for 24 hours in plenty of cold boiled water. Put them in a stewpan with 2 ozs. sugar and simmer till tender.

Blanch the almonds and cut them into small strips. Put the milk in a double saucepan, with the remainder of the sugar and the gelatine, and boil very gently until the gelatine has dissolved. Add half the apricots cut small and the almonds. Turn into a mould, and leave till set. It is best made the previous day.

Strain the juice from the rest of the apricots, put it in a saucepan, and boil rapidly until it is a thick syrup, pour it back over the apricots and leave until cold.

When required, turn out the mould on to a dish, garnish with the apricots and whipped cream, and pour the syrup round.

BANANA AND SAGO MOULD.

Ingredients:

1 pint milk
1½ ozs. small sago
Sugar and vanilla to taste
1 oz. butter
2 bananas
Jam and custard as required

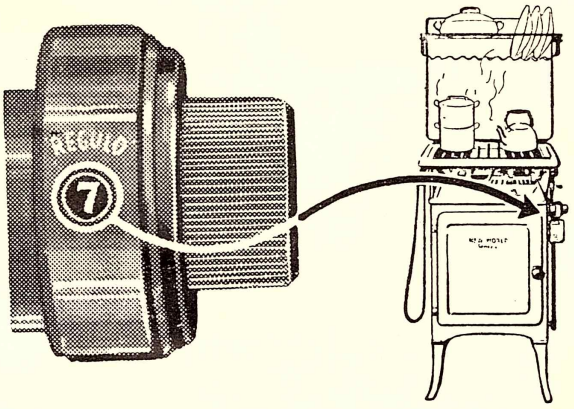
Method: Place in a saucepan the milk and butter, and warm over the fire, then sprinkle in the small sago, and allow it to simmer till thoroughly cooked. Add sugar and vanilla to taste, and allow to cool. Peel and slice the bananas, place one in a dish and cover it thinly with strawberry or raspberry jam. Pour over it half the sago, then add the other banana, and jam again, covering with the rest of the sago. Pour the custard over, and serve cold. You may decorate with cherries, angelica, or small spoonfuls of jam.

APPLE CUSTARD PUDDING.

Ingredients:

2 lbs. cooking apples
Peel of ½ lemon
12 drops clove essence
6 ozs. sugar
Stale bread
½ pint vanilla-flavoured custard

Method: Peel, core, and cut up the apples, stew them with the grated lemon rind and the sugar until they are quite soft; then stir in the essence. Line a basin with thin overlapping slices of bread without crust, put in the apple while quite hot, and cover the top with a slice of bread cut to



For Cooking Foods where Milk is used

GAS

IS BEST !

The correct temperature, rigidly controlled, is one of the secrets of good cooking—particularly in the case of foods in which milk is used.

In this respect, no other cooking appliance can compare with the modern Gas Cooker. Not only does the Gas flame provide the exact heat necessary for any dish, but the Regulo (or Thermostat Control) ensures fixed oven temperatures.

Likewise, for ALL cooking, Gas Is Best. Use a Gas Cooker and cook to perfection. See the latest models at our Showrooms.

AUCKLAND GAS CO. LTD.

WYNDHAM STREET, PITT STREET
and Branches

fit the basin. Put a saucer on it and a weight that will press it well down.
Leave until next day. Turn out and pour the custard over.

FRUIT CREAM.

Ingredients:

4 ozs. preserved fruits
¼ oz. isinglass
¾ pint milk
1 gill cream
2 ozs. castor sugar
Juice of ½ lemon
½ teaspoonful vanilla

Method: Cut the fruits up small, put them in a glass dish, and sprinkle the lemon juice over them. Put the isinglass in a saucepan with the milk and castor sugar, simmer gently till the isinglass has melted, then stir in the whipped cream and vanilla. Stir well. When the mixture is cold and beginning to set, pour it over the fruits and leave to set.

FRUIT TRIFLE.

Ingredients:

Slices of stale sponge cake
1 small tin peaches
2 bananas
2 oranges
½ pint custard
Glace cherries

Method: Line a glass dish with slices of sponge cake. Pour over them some of the peach syrup and leave them to soak.

Rub the peaches through a sieve, mix with them the bananas cut in slices, the oranges sliced and freed from pips and pith. Pile this fruit on the soaked sponge cakes. Cover with custard and decorate with a few glace cherries.

RICE PEARS.

Ingredients:

½ pint milk
1 tablespoonful sugar
1 tablespoonful rice
Apricot jam
A little desiccated cocoanut
6 pears
½ oz. butter
Clove essence

Method: Simmer together gently the milk, rice, butter, and a dessertspoonful of sugar, until it is a soft creamy mass. When cool, spread it at the bottom of a glass dish.

Peel the pears, cut them in halves, and remove the cores, stew them till tender with the remainder of the sugar and a few drops of clove essence.

Arrange the stewed pears, inside uppermost, on the rice. In the centre of each pear put a small spoonful of apricot jam, sprinkle a little desiccated cocoanut over, and leave till required.

¶ **Sir George Newman, the eminent London doctor, says:—"Undoubtedly an extra ration of Milk will bring about a bigger improvement in general health than any other single measure!"**

FOR THE BEST RESULTS

Insist on

N BACON

I COOKED PRESSED HAM

K SAUSAGES

A LUNCHEON

U POLONIES, SAVELOYS, Etc.

All Winners !!

273 New North Road, Auckland, C.3.
PHONE 40-199

INSIST ON THE BEST
IT COSTS NO MORE

STOCKED BY ALL LEADING PROVISION STORES

ALMOND AND PINEAPPLE COMPOTE.

Ingredients:

1 pint milk
1 tablespoon sugar
¼ lb. ground almonds
Fresh pineapple
¼ cup hot water
1 teaspoon ratafia essence
2 level dessertspoons Davis gelatine

Method: Dissolve the gelatine in hot water, heat milk and add gelatine to it, also the sugar. When dissolved add the essence and the almonds slowly so that no lumps form. Arrange pineapple in dish and pour mixture over it. Decorate with nuts.

FIG PUDDING.

Ingredients:

2 lbs. figs
2 ozs. butter
½ lb. wholemeal bread
¾ pint milk
2 eggs
Lemon juice

Method: Soak figs in hot water 24 hours. Stew in same water till tender, then cut into small pieces. Dice bread. Warm milk and butter and mix well, and pour over the bread. Stand for 10 minutes and then mix in the figs and lemon juice. Beat eggs, add, and steam 3 hours.

COTTAGE PUDDING.

Ingredients:

1 quart milk
1 tablespoon sugar
Grated lemon rind
1 large tablespoon butter
1 pint wholemeal bread-crumbs
4 egg yolks

Method: Mix and bake till set. Beat a small cup sugar and juice of lemon together and spread over pudding. Beat egg whites and pile on top. Lightly brown in oven.

VANILLA ICE CREAM.

Ingredients:

½ pint milk
½ pint cream
2-3rds cup sugar
Whites 2 large eggs

Method: First beat the egg whites until stiff. Whip the cream and sugar until stiff, add milk and beat slightly. Fold into the mixture the stiffly-beaten egg whites with 1 teaspoonful of vanilla flavouring. Pour into the tray of the refrigerator and freeze. Stir once or twice during the first hour of freezing. This is delicious if served with chocolate syrup. Makes sufficient to serve six to eight persons.

(After you have experimented to find just the quantity you require, it may be well to make a note above where the ingredients appear in this recipe.)

—Courtesy of Fairbanks-Morse Conservador Co.

CREAMED RICE.

Ingredients:

2 ozs. rice	1 cup water
1 tablespoon sugar	1 dessertspoon butter
1 pint milk	Nutmeg

Method: Wash rice well, place in greased pie-dish, add water and pinch salt, bake in slow oven until rice absorbs all water. Add sugar and milk, stir well, add butter broken in small pieces, and grated nutmeg. Return to slow oven and bake from 1½ to 2 hours until milk is of a creamy consistency round the rice grains. Serve hot or cold with stewed fruit.

VALENCIA AND DATE PUDDING.

Ingredients:

3 ozs. rice	1 pint milk
2 ozs. shredded suet	4 ozs. chopped dates
4 ozs. raisins (stoned)	Lemon peel to flavour
1 egg	A little flour

Method: Cook the rice in milk until tender, using more liquid if necessary, then stir into it the suet, fruit, and grated lemon peel to taste, with the beaten egg. Mix in just a little flour—about a level tablespoonful—and stir all thoroughly together. Put into a greased mould, and steam for 3 hours. Serve with custard sauce.

PRUNE MERINGUE.

Ingredients:

½ lb. prunes	¼ lb. castor sugar
1 pint milk	1 oz. loaf sugar
2 eggs	1 tablespoon cornflour
2 ozs. cake crumbs	

Method: Soak the prunes, take out the stones, and stew the prunes with the loaf sugar and a little water until they are tender. Leave them till cold.

Mix the cornflour with a little cold milk. Boil the remainder of the milk, pour it on the cornflour, return to the saucepan, and stir whilst it boils for 4 minutes. Add a dessertspoonful of castor sugar, and pour the hot mixture on to the well-beaten yolks of the eggs and the cake crumbs. Pour into a buttered basin, and leave till cold. Whip the whites of the eggs till they are stiff and no liquid remains, and mix the rest of the sugar in quickly. Drain the prunes well and pile them in the centre of the pudding, then pipe the white of egg in balls round.

Do not put the prunes or decoration on until you are ready to serve the pudding.

STEAMED APRICOT PUDDING.

Ingredients:

6 ozs. dried apricots	2 ozs. ratafias
2 ozs. loaf sugar	1 oz. almonds
2 small square sponge cakes	3 eggs
	½ pint milk

Method: Soak the apricots, and put them in a saucepan with ½ pint of the water they were soaked in and the sugar. Simmer until the fruit

PINEAPPLE MARSHMALLOW.

6-7 Servings.

INGREDIENTS.

2 dessertspoons (½oz.) Davis Gelatine
1 tin preserved sliced pineapple
Few crystallised cherries
Hot water
Sugar
Cochineal

METHOD.

Dissolve gelatine in ½ cup hot water. Drain syrup from pineapple, add dissolved gelatine to syrup and water to make 2 cups (1 pint) of liquid. Sugar to taste. Place a little liquid in the bottom of a mould, when firm, arrange a slice of pineapple with a cherry in the centre. Pour over a little more liquid. When firm coat the sides of the mould with jelly and place the slices of pineapple and cherries in position. Cut up the remainder of the pineapple, add to the jelly, colour with a few drops of cochineal. Beat thoroughly until very thick, then fill the mould. Serve with cream or custard.

PINEAPPLE JELLY.

6 Servings.

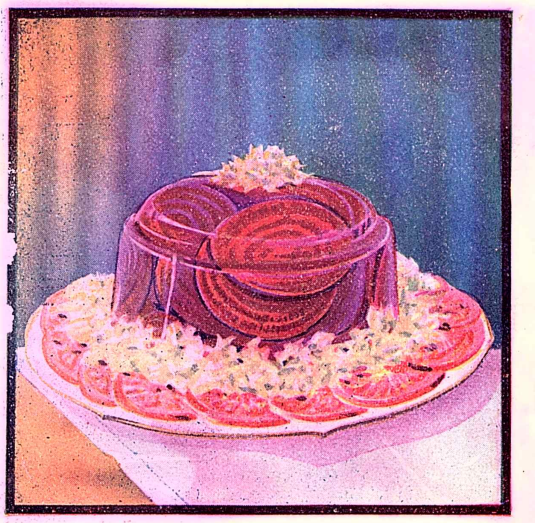
INGREDIENTS.

2 dessertspoons (½oz.) Davis gelatine
Pineapple skin and core
1 cup (½ pint) cold water
½ cup (¼ pint) hot water
¾ cup sugar
Juice of ½ lemon and piece of rind

METHOD.

Wash pineapple skin, place in saucepan with core, lemon rind and juice and cold water. Simmer for 10 minutes; add sugar and heat until it dissolves. Cool, strain the juice through a cloth or jelly bag, squeezing the skin and core. Dissolve gelatine in hot water, add to pineapple juice; add cold water or port wine to make up to one pint. Pour into mould.

GELATINE



BEETROOT MOULD. 6 Servings.

INGREDIENTS.

- 2 dessertspoons (½oz.) Davis Gelatine
- 2 average-sized beets (cooked)
- 1¼ cups hot water
- ¼ cup vinegar
- Pepper, salt and sugar to taste

METHOD.

Peel and slice the beetroot. Line a mould with the slices, fill the centre with small pieces of beetroot. Dissolve gelatine in hot water; add sugar, salt, pepper and vinegar. Leave to thicken slightly, then pour over the beetroot. Serve garnished with shredded lettuce and sliced tomato. Serve with mayonnaise dressing. If liked, more vinegar and less water in proportion may be used in this recipe.

MILK JELLY. 6 Servings.

INGREDIENTS.

- 2 dessertspoons (½oz.) Davis Gelatine
- 2 cups (1 pint) milk
- ¼ cup hot water
- 2 dessertspoons (½oz.) sugar
- Essence of vanilla

METHOD.

Place milk, sugar and flavouring in a bowl. Stir until sugar is dissolved. Dissolve gelatine in hot water, cool a little, then add to the milk and stir all together. Pour into a mould and place aside to set. If the milk is taken from the refrigerator or ice chest, stand in a basin of hot water for a minute to remove the chill.

HONEYCOMB SPONGE. 6 Servings.

INGREDIENTS.

- 2 dessertspoons (½oz.) Davis Gelatine
- 1½ cups (¾ pint) milk
- ½ cup hot water
- 2 eggs
- Pinch salt
- Vanilla essence (1½ teaspoons)
- Cochineal (as desired)

METHOD.

Beat yolks of eggs and sugar together. Heat milk, pour on to eggs. Heat until the mixture coats the spoon. Leave to cool. Dissolve gelatine in hot water; when cool stir into the custard mixture. Flavour and colour pink. Beat egg whites and pinch of salt, then whisk into the mixture. Pour into a mould.

REMEMBER THAT:—

1 level dessertspoon of Davis Gelatine equals ¼ ounce, and
1 level dessertspoon of Davis Gelatine will set ½ pint or 1 breakfast cup of liquid

CHANTILLY CREAM.

6 Servings.

INGREDIENTS.

- 2 dessertspoons (½oz.) Davis Gelatine
- 1 cup stewed fruit and juice available
- ½ cup hot water
- ¼ pint cream
- 1 dessertspoon lemon juice

METHOD.

Dissolve gelatine in hot water. Mix lemon and fruit juice together. Add sugar if necessary; add gelatine. Leave to cool and thicken. Whisk with an egg whisk, add cream, and beat well together. Place in a mould.

WHITE JELLY.

6 Servings.

INGREDIENTS.

- 2 dessertspoons (½oz.) Davis Gelatine
- 1½ cups (¾ pint) milk
- ½ cup hot water
- 1 piece cinnamon stick
- 2 dessertspoons sugar
- Lemon essence

METHOD.

Dissolve gelatine in hot water. Add sugar and cinnamon stick. When cool, strain and add gradually to milk. Add essence to taste. Pour into a wet mould.

CURDLING OF MILK IN JELLY.

This is a difficulty frequently encountered by the housewife, but is easily prevented. It is caused by adding the gelatine to hot milk, and is due to the slight acidity of the gelatine causing a division of the curd and whey although the milk remains perfectly sweet. To avoid this the dissolved gelatine should be added to the cold milk. If the milk has been scalded, it should be cooled before preparing the dish.

:: DAVIS GELATINE RECIPES ::

CELERY RELISH.

6-8 Servings.

INGREDIENTS.

2 dessertspoons (½oz.) Davis gelatine
2 cups (1 pint) hot water
2 lemons
1 cup celery (diced)
1 cup beetroot (diced)
2 tablespoons (1oz.) sugar
1 tablespoon strong horse-radish.

METHOD.

Dissolve gelatine in hot water. Add lemon juice and sugar. Cool for a few minutes, add horse-radish. When beginning to thicken, stir in celery and beetroot. Place in shallow dish When set, cut into squares with a wet knife. Serve on lettuce.

LUNCHEON MOULD.

6 Servings.

INGREDIENTS.

2 dessertspoons (½oz.) Davis gelatine
Slices of cold beef, lamb or fowl
2 tablespoons chopped ham
2 eggs (hard boiled)
1½ cups (¾ pint) stock
½ cup (¼ pint) hot water

METHOD.

Dissolve gelatine in hot water. Add stock. Pour a little into the bottom of a mould. When firm, arrange slices of egg round the mould; pour over a little more liquid. Chop meat, mix with ham, sprinkle with parsley and add to stock. Turn into prepared mould. Serve with salad. Stock may be flavoured with a teaspoonful of meat extract or with tomato or Worcestershire sauce.

APPLE SNOW.

6-8 Servings.

INGREDIENTS.

2 dessertspoons (½oz.) Davis gelatine
1 lb. sliced apples
2 cups (1 pint) water
¼ cup hot water
2 tablespoons (1oz.) sugar
1 lemon
2 cloves
2 egg whites

METHOD.

Place apples in saucepan with water, grated lemon rind and cloves; cook until tender. Add sugar and cook for a few minutes longer. Pass through a sieve; add lemon juice, and gelatine dissolved in hot water. When cold, whisk in beaten whites of eggs; beat all until stiff. Place in mould to set, or pile roughly in glass dish. Serve with cream or custard.

RECIPE BOOK FREE

If you are pleased with these recipes write to us for a free copy of our Illustrated Cookery Book, "Davis Dainty Dishes," enclosing 2d. stamp to cover postage, etc.

DAVIS GELATINE (N.Z.) LTD.
Cookery Department
Christchurch, New Zealand

is soft. Blanch and slice the almonds. Grate the sponge cakes and crush the ratafias to a powder. Mix these together.

Grease a basin well with butter, then sprinkle it with cake crumbs, cover the bottom of the basin with apricots drained from the syrup, add a few strips of almonds, and then a layer of the cake crumbs. Repeat these layers until you have used all. Beat the eggs lightly, add the milk to them, and pour very gently into the basin. Cover with buttered paper and steam for 40 minutes.

This is a custard pudding, so it must be steamed slowly, and the water should only simmer.

A nice sauce can be made with the syrup from the apricots. Boil it quickly until it is reduced to about a gill, then stir in a tablespoonful of apricot jam and a dessertspoonful of lemon juice.

SCHOOL PUDDING.

Ingredients:

1½ lbs. bread
3 ozs. sugar
1 egg
½ pint milk
1 teaspoonful spice or ginger
1 large tablespoonful red jam

Method: Soak the bread, cut into small pieces, in cold water for one hour. Squeeze as dry as possible with your hands and beat up with a fork. Add the sugar, egg, beaten well, milk, and spice or ginger. Put a good tablespoonful of red jam into the bottom of a large pudding basin, and pour in the bread mixture, filling the basin nearly full. Tie a cloth over the top and steam for an hour and a half. Loosen the pudding carefully with a knife and turn it out. No sauce is necessary, as the jam runs down the sides of the mould.

ORANGE MERINGUE PUDDING.

Ingredients:

4 oranges
2 eggs
¾ pint milk
4 ozs. granulated sugar
2 lumps loaf sugar
A heaped teaspoonful cornflour

Method: Rub the yellow part of the peel of one orange on to the lumps of sugar.

Cut the oranges in slices across, remove the rind and pips, and put the slices in the bottom of a pie-dish.

Mix the cornflour with a little cold milk, heat the remainder, and when it boils pour it on the cornflour, return it to the saucepan with the two lumps of sugar, and stir whilst it boils for three or four minutes. Beat up the yolks of the eggs, pour the hot—but not boiling—cornflour on them, and mix well. Pour this over the oranges and leave until cold.

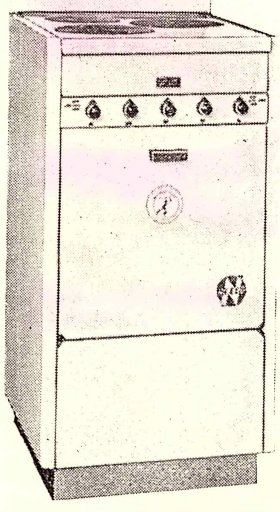
Whip the whites of the eggs until they are quite stiff and there is no liquid left. Stir in the sugar gradually, and beat up again. Pile or pipe this on the cold cornflour and bake the palest biscuit colour in a very moderate oven. Serve hot or cold.

ELECTRIC COOKING

for ECONOMY

&

PERFECT RESULTS



ELECTRIC STOVES *on*

HIRE

to approved consumers

Initial payment £1-0-0, and

4/- PER MONTH

INSTALLED & SERVICED FREE

Terms convertible to HIRE PURCHASE if desired

YOUR OPPORTUNITY TO ECONOMISE

AUCKLAND ELECTRIC POWER BOARD

32-790

BARLEY PUDDING.

Ingredients:

2½ ozs. pearl barley
1 pint milk
1 tablespoon custard powder
¾ oz. butter
Grated nutmeg
1 oz. sugar

Method: Soak the barley overnight in the milk, then bring it very gradually to the boil, and cook gently for half-an-hour to three-quarters. Mix the custard powder smoothly in a little cold milk, stir it carefully into the simmering barley, then add the sugar and half the butter. Grease a pie-dish thickly with the rest of the butter, pour in the barley, and sprinkle with grated nutmeg. Bake in a slow oven for about an hour.

STEAMED PRUNE PUDDING.

Ingredients:

6 ozs. flour
6 ozs. breadcrumbs
3 ozs. suet
¼ lb. granulated sugar
¼ lb. prunes
A pinch of ground cinnamon
1 egg
¼ pint milk
A pinch of salt

Method: Take the stones out of the prunes, crack them, and blanch the kernels. Cut the prunes into small pieces. Add a pinch of salt to the flour, and put it through a sieve. Mix with it the breadcrumbs, finely-chopped suet, the prunes, cinnamon, sugar and kernels. Add the egg well beaten, and the milk. Turn into a well-buttered mould or basin, and steam for 3 hours. Serve with butter cream sauce.

BREAD SNOW.

Ingredients:

4 ozs. bread
½ pint milk
1 pint custard made from fresh milk
Grated nutmeg
Sugar

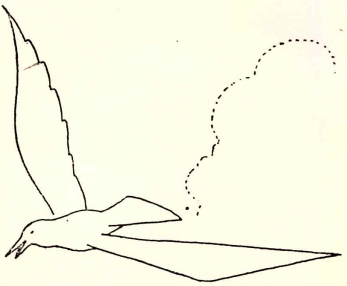
Method: Boil the milk, pour it over the bread, and let it stand till cold. Beat up the bread lightly with a fork, and add the custard. Put all into a greased pie-dish, sprinkle the top with sugar and grated nutmeg, and bake ½ hour in a moderate oven. If not brown enough, brown it under the griller just before sending to table. If the custard powder is a sweetened make there is no need to use sugar in the mixture itself.

NOVEL PUDDING.

Ingredients:

¼ lb. sponge cake crumbs
3 ozs. preserved ginger
1 oz. butter
1 oz. sugar
Just over 1 gill milk
1 tablespoonful ginger syrup
½ pint stiff custard
Raisins and angelica

Method: Place the cake crumbs and the ginger, cut small, in a basin. Boil the milk with the butter and sugar, and add to it, when very hot,



Freedom

The popular hygiene scientifically designed with waterproof cellulose backing.

Safe

Super Soft

Absorbent

Deodorant

Readily disposable

Invisible under the sheerest frocks

MENEX

PRICES

POPULAR (*12 in carton*) 2/6
NEW SIZE (*12 in packet*) 1/11
NEW SIZE (*6 in packet*) 1/-

the ginger syrup. Let it stand to cool. Mix the custard with the other liquids, and stir into the sponge cake. Butter a plain mould, and garnish with split raisins and strips of angelica. Pour in the mixture, steam for 1½ hours, and serve with custard sauce.

ARMENIAN PUDDING.

Ingredients:

3 ozs. suet
1 cupful treacle
½ cupful flour
1 cupful mashed potato
1 cupful breadcrumbs
½ cupful milk
Nutmeg

Method: See that your potato is perfectly mashed and free from lumps. Chop the suet, and add it to the flour, breadcrumbs and potato. Warm the treacle and stir in the milk, then heat all well together. Grease a shallow piedish, pour in the mixture, sprinkle with grated nutmeg, and bake in a moderate oven for one hour.

COUNTRY PUDDINGS.

Ingredients:

1½ cupfuls flour
1 gill milk
1 cupful sugar
1 teaspoon baking powder
1 oz. butter
2 eggs

Method: Cream the butter and sugar, and add the yolks of the eggs, well beaten. Add the milk and lastly sift in the flour gradually. When this is quite smooth, stir in the whites of the eggs, whisked to a stiff froth. Grease small fancy moulds very well, pour in the mixture, and bake till done.

MILK PUDDINGS.

A very moderate heat is needed for all milk puddings. If they are made without eggs they need to simmer slowly until the grains are well swollen.

When they contain eggs they must never on any account be allowed to boil, or they will be watery and lumpy.

MILK PUDDINGS WITHOUT EGGS.

Ingredients:

1 pint milk
½ oz. butter
2 ozs. rice or other cereal
A pinch of salt
1 oz. sugar
And any flavouring preferred

Method: Use the butter to grease a piedish. Mix the milk, sugar, salt and flavouring with the cereal, and pour the mixture into the greased piedish. Place in a moderate oven, and cook slowly until the cereal is quite soft.

Stir occasionally when the pudding is beginning to cook to prevent the grain sticking to the bottom.

¶ **"See that every child gets a quart of milk daily," says Sir Walter Fletcher, a world authority on nutrition.**

WINTER IS COMING

Now is the time to think of Warm and Cosy Fires . .

Do You Use Coal?

We Supply the Best
Taupiri House and Kitchen

Or we can give you - - - -
Carbonettes or Briquettes

If you prefer **Wood** *we have large stocks of good,* **DRY Ti-Tree** *and other blocks*

PROMPT
DELIVERY

J. J. CRAIG

LIMITED

HEAD OFFICE:
100 QUEEN STREET
TELEPHONE 44-840

Branches at—Mt. Eden, Onehunga, Devonport

LITTLE CHOCOLATE PUDDINGS.

Ingredients:

4 ozs. flour
A pinch of salt
1 teaspoonful baking powder
2 ozs. plain chocolate
2 tablespoonfuls granulated sugar
2 ozs. butter
1 egg
½ gill milk
About 20 drops vanilla

Method: Butter some little pudding moulds or cups. Mix together the flour, baking powder and salt, and rub in the fat lightly until it is well mixed and no dry flour remains. Grate the chocolate, mix in with the milk. Add this to the flour with the sugar, vanilla and well-beaten egg.

Mix well, then nearly fill the moulds with the mixture and steam for one hour. Turn out and pour a little plain white or custard sauce round the puddings.

CHOCOLATE MOULD.

Ingredients:

2 ozs. chocolate
3 gills milk
½ oz. gelatine
1 or 2 ozs. sugar (according to the chocolate flavour)
Few drops essence vanilla

Method: Soak the gelatine in half of the milk. Break chocolate in small pieces and put into a saucepan with remainder of milk and sugar. Stir over a low fire and cook till smooth and quite dissolved. Remove from fire, add remainder of milk and gelatine. Return to fire and stir till steaming hot, but do not allow to boil or it will curdle. Strain into a basin and allow to cool slightly. Pour into wetted moulds and set aside until firm. Turn out when required. Serve with cream or boiled custard.

BAKED CHOCOLATE PUDDING.

Ingredients:

8 ozs. stale bread-crumbs
2 ozs. brown sugar
1½ ozs. butter
½ oz. cocoa
1 gill thick custard
½ pint milk

Method: To the milk add an equal quantity of water, and bring to the boil. Pour over the crumbs, and set in a cool place. Mix the sugar and cocoa, and work them into the butter previously melted. Add these to the crumbs, and cook them together over a gentle fire for about five minutes, stirring all the time. Mix in the prepared custard and put into a greased piedish. Bake in a moderate oven for 40 minutes. If liked a little desiccated cocoanut may be sprinkled over the top.

I was stupid enough once . .

". . . thought I could buy a tea 'just-as-good' as 'Amber Tips' . . . you know the line of talk. Never again . . . I prefer to hear my friends say—'*What a nice cup of tea*' . . . the wise ones always guess 'Amber Tips.'"

"After all, 'Amber Tips' is always the standard by which you hear other teas judged."

NEW ZEALAND'S FAVOURITE TEA FOR OVER 40 YEARS

SIMPLICITY PUDDING.

Ingredients:

½ lb. flour
1 pint milk
Pinch of salt
1½ ozs. sugar
1 teaspoon baking powder
1 egg
2 ozs. sultanas

Method: Put the flour, salt, sugar and sultanas into a basin, mix them together, and make a well in the centre. Break the egg into it, add by degrees the milk, and stir to a smooth paste. Pour the mixture into a greased piedish, and bake for an hour in a moderate oven.

ADAM'S PUDDING.

Ingredients:

1½ pints milk
1 tablespoonful butter
3 eggs
½ lb. apples, weighed after being peeled and chopped
¼ lb. breadcrumbs
½ saltspoonful salt
6 ozs. sugar
½ teaspoonful vanilla essence
1 tablespoonful castor sugar
Custard

Method: Boil the milk and pour it over the breadcrumbs, then stir in the butter, salt and sugar, and leave for half an hour. At the end of that time mix in the finely-chopped apples and vanilla flavouring, also the well-beaten yokes of the three eggs. Butter a piedish, pour in the mixture, and bake for ¾ of an hour. Beat the whites of the eggs to a stiff froth with a tablespoonful of castor sugar, heap on the pudding, and return it to the oven for a few minutes to brown. Serve with custard or cream.

LITTLE LEMON PUDDINGS.

Ingredients:

½ pint milk
3 ozs. breadcrumbs
2 ozs. white sugar
1 lemon
2 eggs

Method: Bring the milk to boiling point, then pour it upon the breadcrumbs, soak for 5 minutes. Stir in the yellow part of the lemon rind finely grated and the strained juice. Well whip the yolks of the eggs with the sugar and stir them in, then the whites just whipped till stiff.

Nearly fill small moulds or cups with the mixture and bake in a moderate oven 10 to 15 minutes.

MAKE-BELIEVE PUDDINGS.

Ingredients:

2ozs. ground rice
½ pint boiled custard (made from eggs)
Sugar to taste
1 pint milk
Lemon rind to flavour

Method: Mix the rice to a paste with a little of the milk; bring the rest of the milk to the boil with the lemon rind in it. Stir the rice into it

¶ **Professor Harvey Sutton, Director of School of Public Health and Tropical Medicine, Sydney University, says: "Three glasses of milk a day to drink and one in cooking for children of all ages."**

Are You Tired of Washing

?

SEND YOUR LAUNDRY
TO THE - - - -

NEW

Auckland Laundry Ltd.

SURREY CRESCENT
HOBSON STREET

Phones 26-632 — 3 lines
Bagwash 26-635
Hobson St. 43-648

We have the latest machinery for Laundering

DRESS SHIRTS, COLLARS, COATS, CREAM TROUSERS, ETC.

after removing the lemon rind, and add the sugar. Cook gently for 15 to 20 minutes, stirring constantly. A little more water or milk may be added if necessary, but the mixture should be fairly stiff. Pour into large egg cups well rinsed with cold water and leave to set. Put the custard into a glass dish, turn out the rice shapes when cold, and arrange them in the custard so that they look like eggs.

SURPRISE PUDDINGS.

Ingredients:

4 ozs. flour
1 egg
Milk as required
2 ozs. sugar
3 tablespoonfuls jam

Method: Spread the jam at the bottom of little greased moulds, and sprinkle the sugar over them. Beat the egg, and add to it enough milk to make the flour into a creamy batter. Pour this batter slowly into the moulds, and bake it in a hot oven.

CARAMEL RICE.

Ingredients:

4 ozs. rice
2 pints milk and water
A little nutmeg
6 lumps sugar
1 egg

Method: Stew the rice in the milk and water until quite tender, then mix in a well-beaten egg. Boil the sugar in a gill of water until it caramels, line a greased mould with it, and put in the mixture. Cover with greased paper and steam for ½ an hour.

SPOTTED DICK.

Ingredients:

½ lb. rice
¼ lb. flour
¼ lb. seedless raisins
½ pint thick custard
¼ lb. sugar

Method: Boil the rice in water till it is tender, and drain it well. Mix it with the flour, custard and sugar. Grease a basin, and stick the small seedless raisins all over the sides and bottom of it. Fill it with the rice mixture. Put a saucer on top and a weight on the saucer. Steam the pudding for 1 hour. Turn out carefully.

FEATHER PUDDING.

Ingredients:

1 cupful breadcrumbs
1 cupful raisins
Sugar to taste
1 cupful boiling milk
1 egg
A pinch of cinnamon

Method: Stone and chop the raisins, mix them with the sugar, the well-beaten yolk of the egg and a pinch of the cinnamon. Add the breadcrumbs, soaked in boiling milk, and the whisked white of an egg. Bake in a moderate oven for half an hour

When
Washed
With

TANIWHA
SOAP

GOOD
Starching
Needs a Pure
RICE STARCH

Use Sylvia * PURE RICE STARCH

GROUND-RICE FRUIT PUDDING.

Ingredients:

2 tablespoonsful flour
2 tablespoonsful each ground rice
Breadcrumbs
Golden syrup
Sultanas
Stoneless raisins and peel
1 egg
½ teaspoonful carbonate of soda
½ teacupful tepid milk

Method: Mix the dry ingredients. Dissolve the soda in the milk, add the egg, golden syrup and then stir into the dry ingredients. Pour into a greased mould and steam for 3 hours.

BANANA CUSTARD PUDDING.

Method: Grease a piedish and put 4 or 5 sliced bananas into it. Make 1 pint of custard with milk and custard powder, sweeten if necessary, and pour it over the fruit. Grate a little nutmeg over the top and bake for half an hour.

PRINCESS PUDDING.

Ingredients:

4 ozs. flour
3 ozs. breadcrumbs
2 ozs. shredded suet
1 small dessertspoonful baking powder
2 tablespoonsful treacle
1 heaped tablespoonful brown sugar
½ gill milk

Method: Mix the dry ingredients very well, add the treacle, slightly warmed, stir in the milk, and put into a greased basin. Steam for 3½ hours, or, if preferred, bake the pudding. Sweet sauce is a nice addition.

BAKED ARROWROOT PUDDING.

Ingredients:

1 tablespoonful arrowroot
½ pint milk
1 oz. sugar
2 eggs

Method: Put the arrowroot into a basin, adding to it one-third of the milk. Stir smoothly. Boil the remainder of the milk, pour it over the arrowroot, and stir over slow heat until quite thick. Beat the eggs. Pour the arrowroot into a piedish and stir in the eggs and sugar. Bake gently until the eggs are set, but do not bring to the boil.

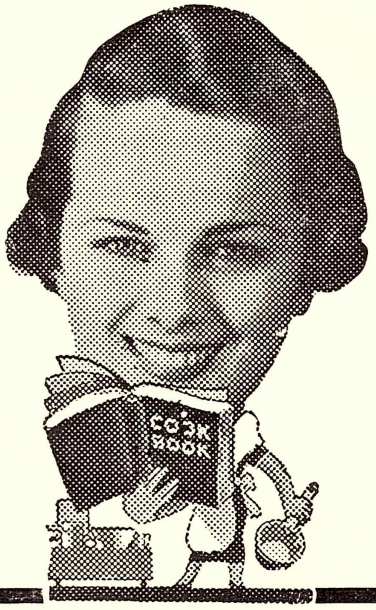
ABERDEEN PUDDING.

Ingredients:

2 ozs. good pearl barley
5 ozs. sugar
1 oz. shredded suet
1 quart milk
Nutmeg to taste

Method: Let the barley soak for 12 hours, then strain it. Mix the barley with the sugar in a greased piedish, add the suet, pour the milk over,

¶ **Professor Mottram, Professor of Physiology, London University, says:—"A much increased consumption of milk would do much to increase the stature and improve the Health, Strength and Teeth of the Nation."**



No matter what you cook you will want to use success-bringing

"FOUR SQUARE" Quality Products

Guarantee

All "FOUR SQUARE" products are of the highest quality and are unreservedly guaranteed. If they do not give you complete satisfaction, return them to any "FOUR SQUARE" Store and your money will be refunded in full.

Obtainable from all

"Four Square" Stores

sprinkle some grated nutmeg over the top, and then bake the pudding in a very gentle oven for 3 hours, or until it is like a thick cream. This is very good served with stewed figs or prunes, jam or custard.

ROSE PUDDING.

Ingredients:

¼ lb. ground rice
1½ ozs. butter
Cochineal
2 ozs. sugar
1 quart milk
Stewed fruit or jam
1 teaspoonful rose-water

Method: Boil the milk, and add the rice (mixed to a smooth cream with cold water), the sugar and butter. Cook this for a ¼ of an hour, stirring all the time. Colour with cochineal to a pretty pink, add a teaspoonful of rose-water, and when slightly cool pour it over jam or stewed fruit in a glass dish. Serve cold.

HOLIDAY PUDDING.

Ingredients:

Bread and butter
2 ozs. sultanas
1 oz. castor sugar
½ gill milk
½ pint custard
Flavouring if liked

Method: Grease a small piedish and sprinkle the bottom with a little sugar and some sultanas. Arrange a layer of bread and butter, then sprinkle with more sugar and sultanas, repeating the layers until the dish is nearly full. Pour the milk over and leave the bread to soak for a few minutes. Make the custard rather thin and pour over the pudding while hot. Sprinkle with nutmeg or cinnamon, if you like flavouring, and bake for 25 minutes. Serve hot.

BANANA PUDDING.

Ingredients:

¼ lb. bread
½ pint milk
3 bananas
1 pint thick custard made from any good sweetened custard powder

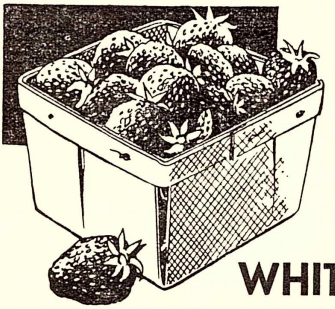
Method: Soak the bread in the milk for 1 hour. Beat them up well together, and stir the custard into them. Slice the bananas into rings and lay them in a greased piedish. Pour the mixture over them and bake for half an hour. Serve hot, with cream.

SAGO AND FIGS.

Ingredients:

¼ lb. sago
½ lb. figs
1 oz. butter
2 pints milk
A pinch of salt

Method: Put the sago, milk and salt into an enamelled pan, and cook until the sago is clear—about 20 minutes. Add the chopped figs and butter. Pour into a greased pudding basin and steam for 1 hour, or into a greased piedish and bake for 30 minutes.



You get the true flavour of the Best Fruit when you buy

WHITTOME'S

KIA-ORA JAM

WHITTOME'S

PICKLES

are made from the choicest vegetables, cured in a Brewed Vinegar and matured with scientific care

Whittome's Pickles are unique

One Empire
One Flag
One Sauce

WHITTOME'S

TOMATO SAUCE

FOR EVERY MEAL

WHITTOME STEVENSON & CO., LTD.
"CONDIMENTORS"—Regd.
AUCKLAND

RICE CREAM.

Ingredients:

1 pint milk
2 level tablespoonsful whole rice or ground rice
1 oz. castor sugar
A strip of lemon rind
½ oz. butter
Jam

Method: Use a double saucepan, put in the lemon rind and the milk and let it infuse over gentle heat until the milk is pleasantly flavoured. Take out the rind, add the rice, sugar and butter, and simmer until the rice has absorbed all the milk and it is a thick creamy mixture. Turn it on to a dish, garnish with jam, and serve hot; or pour it into a mould and turn it out when cold.

DATE-RICE PUDDING.

Ingredients:

Small dates
Milk
Flaked rice

Method: Line a greased pudding basin with a sprinkling of flaked rice, cover with stoned and halved dates, and continue with alternate layers of rice and dates until the dish is three-quarters full; fill up with milk and bake slowly for 1 hour.

FAVOURITE PUDDING.

Ingredients:

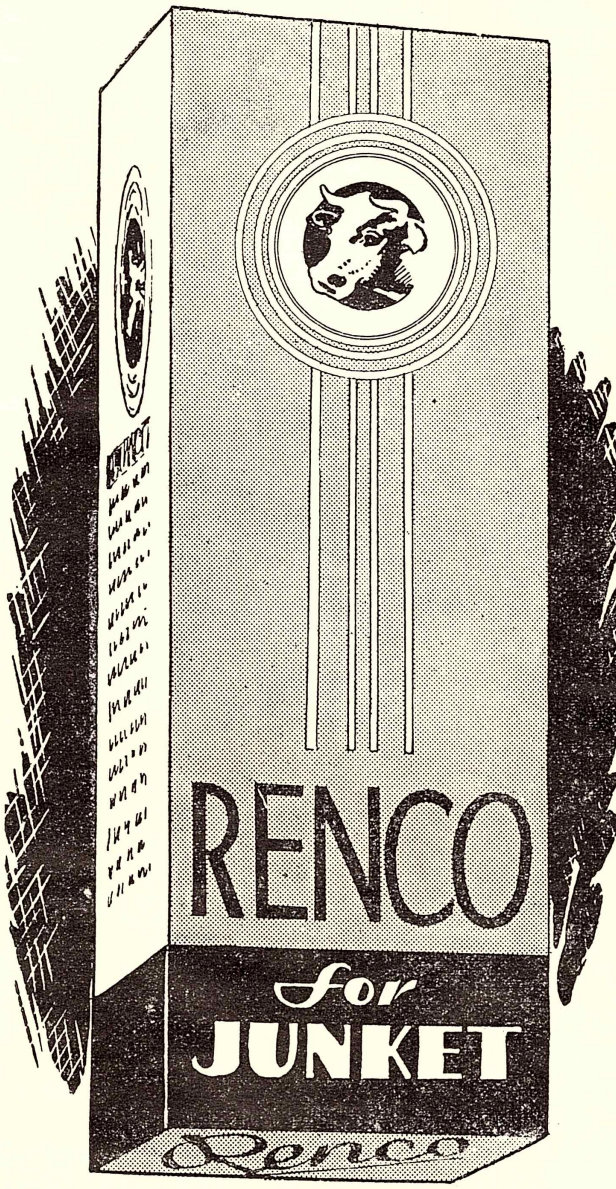
2 eggs
½ pint milk
½ oz. gelatine
2 ozs. castor sugar

Method: Soak the gelatine in a small quantity of milk, then beat the yolks of the eggs and add them to the gelatine with the sugar. Bring the rest of the milk to the boil, and pour it over the other ingredients. Stir well and let the mixture boil again. Directly it reaches boiling point, pour it over the well-beaten whites of eggs, mix the whole, and pour into a greased mould. The pudding must not be moved till cold, when it should be turned out, and it will look like a thick cream surmounted by a clear jelly.

ORANGE CREAM.

Method: Boil the thinly-cut rind of 4 oranges in 1 pint of milk and ½lb. sugar for 10 minutes. Remove from fire and stir in ½oz. melted gelatine. Strain and let the cream become cold. Then begin to whisk, and as it begins to set add by degrees the strained juice of the oranges and one lemon. Continue whisking until the cream becomes a light froth and is beginning to set. Turn into a wetted mould and leave for 5 or 6 hours.

¶ **Dr. E. V. McCollum, of John Hopkins University, says:—"Milk is the one food for which there is no effective substitute. Everyone should take daily throughout life the equivalent of a quart of milk."**



RENCO—LIQUID *or* **TABLETS**

makes

Delicious Nourishing Junket

in 10 minutes

RENCO LABORATORIES

ELTHAM - NEW ZEALAND

JUNKET.

Ingredients:

1 quart milk
1 teaspoonful Renco
Sugar to taste
Flavouring if desired

Method: Add 1 teaspoonful of Renco to 1 quart of warm milk (not above 110 deg. F.). Stir well for half a minute and leave undisturbed in a warm place for 5 minutes or until set. Then keep in a cool place or in the refrigerator until required. The milk may be previously sweetened by the addition of about a tablespoonful of sugar and may be flavoured with fruit essence or chocolate. After stirring in the Renco the milk may be poured into separate bowls. Served this way it is much more pleasing and dainty. Raspberries, strawberries or stewed fruit with whipped cream are a delightful addition. Extra cream and a little sugar may be added to the milk before making the junket.

JUNKET FLUFF.

Ingredients:

1 pint milk
1 small teaspoonful Renco
3 dessertspoonsful castor sugar
the white of an egg
12 drops of lemon essence

Method: First make the junket. Put the milk in a saucepan with a dessertspoonful of sugar and make it just lukewarm. Stir in the Renco, pour into a glass dish and leave until firm. Whip the white of the egg until it is quite stiff, stir in lightly the remainder of the sugar and flavouring, pile this fluff on the junket and serve at once.

SOFT MOLASSES COOKIES.

Ingredients:

1 cup molasses
1¾ teaspoons soda
1 cup sour milk
½ cup shortening
2 teaspoons ginger
1 teaspoon salt
Flour

Method: Add soda to molasses and heat well. Add milk, shortening, ginger, salt and flour. Enough flour must be used to make the mixture of right consistency to drop from spoon. Chill for several hours in a cold place. Toss ¼ of the mixture at a time on to a floured board and roll to ¼ inch thick. Shape with cutter dipped in flour. Bake on buttered sheet.

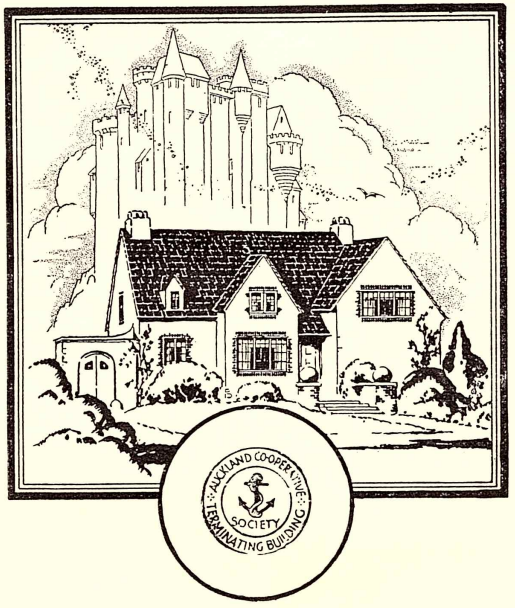
PINEAPPLE MOUSSE.

Ingredients:

1 tablespoon Davis gelatine
½ cup cold water
1 cup pineapple syrup
2 tablespoons lemon juice
1 cup sugar
1 quart cream

Method: Heat 1 can pineapple and drain. To 1 cup of syrup add gelatine soaked in cold water, lemon juice and sugar. Strain and cool. As the mixture thickens, fold in the whips from cream. Place in mould and pack in ice and salt and stand for 4 hours.

Auckland Co-operative Terminating BUILDING SOCIETY



What are you doing for your
BOYS and GIRLS?

How about BUYING *a Home?*

We FINANCE on EASIEST TERMS

PROCEDURE

BECOME a MEMBER of the Society and pay 1/- per week per share . . . Obtain a LOAN by Tender or BALLOT . . . . REPAYMENTS only 2/6 per £100 per week . . . . 12,500 Loans of £200 have been MADE

WHY NOT YOU?

APPLY for Shares and Information

WRITE, CALL OR JUST SEND
YOUR NAME AND ADDRESS

Cr. Wellesley & Albert Sts., Auckland

WAFFLES.

Ingredients:

1 cup milk
1¾ cups flour
½ teaspoon salt
3 teaspoons baking powder
2 eggs
3 tablespoons melted butter

Method: Mix and sift dry ingredients. Add milk gradually and yolks of eggs well beaten, butter and whites beaten stiff. Cook on greased hot waffle iron and serve with syrup.

GINGERBREAD.

Ingredients:

1 cup molasses
1 cup sour milk
2 1-3rd cups flour
1¾ teaspoons soda
2 teaspoons ginger
½ teaspoon salt
¼ cup melted butter

Method: Mix soda with milk and add to molasses. Sift together remaining dry ingredients, combine mixtures, add butter and beat well. Pour into buttered shallow pan. Bake 30 minutes in a moderate oven.

SOUR CREAM DRESSING.

Ingredients:

1 cup thick sour cream
1 egg
½ teaspoon salt
¼ teaspoon mustard
Paprika, lemon juice

Method: Beat egg, salt, mustard and pepper together. Beat sour cream until thick. Add to egg mixture and beat until creamy. Add lemon juice. Grated cheese may be added and the mixture served on lettuce.

CHOCOLATE PIE.

Ingredients:

1½ squares chocolate
1 2-3rds cups scalded milk
2-3rd cup powdered sugar
½ teaspoon cornflour
½ teaspoon vanilla
4 eggs
6 tablespoons sugar
Pastry

Method: Line medium pie plate with pastry having fluted edge. Melt chocolate over hot water, add hot milk and cook till smooth. Add sugar sifted with cornstarch or cornflour and stir until boiling point is again reached. Cool slightly, pour over 1 whole egg, the yolks of 3 slightly beaten, ¼ teaspoon vanilla. Pour into pastry-lined pie plate and bake. Cover with meringue made from three egg whites, granulated sugar and ½ teaspoon vanilla. Brown at 300 degrees F. for 15 minutes.

¶ **Professor Sherman, one of the greatest dieticians in the world to-day, says: "Children of all ages from three to thirteen years should have not less than one gramme of calcium daily, and this can best be procured from a diet containing a full quart of Milk each day."**

Order KENT'S

Milk-Made

BREAD

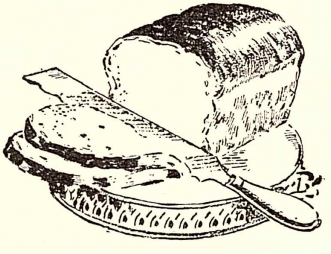
TO-DAY

KENT'S

Bakeries Ltd.

NEWMARKET PHONE 42-952

Delivered daily to your door



TAPIOCA CREAM.

Ingredients:

4 tablespoons pearl tapioca
4 cups milk
4 tablespoons sugar
4 eggs
Vanilla flavouring

Method: Soak tapioca in 1 cup cold water for several hours or overnight. Cook in double boiler in the milk till tapioca is clear. Add sugar and egg yolks beaten smooth, a pinch of salt, and flavouring to taste. Cook 3 minutes and pour in buttered pudding dish.

STANDARD CAKE RECIPE WITH VARIATIONS.

Ingredients:

⅜ cup butter
1 cup sugar
2 eggs
½ teaspoon vanilla
1½ cups pastry flour
2 teaspoons baking powder
¼ teaspoon salt
½ cup milk

Method: Cream butter, add sugar and yolks of eggs well beaten. Sift dry ingredients and add alternately with milk. Fold in stiffly beaten egg whites. Flavour, fill a buttered and floured pan ½ full and bake in moderate oven for 50 minutes. For a deep cake use a hollow-centre pan and when baked in a shallow oblong pan cut in halves and use as layers. Frost with Mocha or caramel or chocolate.

GRAHAM MUFFINS.

Ingredients:

1 cup whole wheat flour
1 cup flour
4 tablespoonsful sugar
½ teaspoon salt
1 cup milk
3 tablespoons butter
4 teaspoons baking powder

Method: Sift and mix dry ingredients, add slightly beaten egg to milk and add this gradually to dry ingredients, melted butter last. Full buttered muffin pans half full and bake in moderate oven for 25 or 30 minutes.

CHEESE SOUFFLE.

Ingredients:

1 oz. butter
½ oz. flour
1 gill milk
2 ozs. grated cheese
1 teaspoonful pepper
A little salt
Yolks of 3 eggs and whites of 4

Method: Dissolve the butter in a small pan and stir in flour and milk. Let this boil well, then remove it from the fire and stir in the cheese, pepper, salt and the yolks and whites of the eggs. Have ready a buttered souffle tin with a band of buttered paper tied round and projecting above it, pour in the mixture, and bake at once in a very hot oven for about 10 minutes. Serve immediately, as souffles always fall quickly when taken out of the oven.

Quality *and* Economy

To make the Best Cakes and Pastry

We Recommend Abels'

"MORAH"

100% Pure

100% Pure

Cooking Margarine

"MORAH" is used by leading cooking demonstrators in Auckland —they know the wonderful results it gives.

"MORAH" is a New Zealand product made from New Zealand beef fat by Abels Ltd., Newmarket, Auckland. Your grocer keeps fresh supplies of "MORAH."

Free Cookery Book

"BY WAY OF A CHANGE"

Write to

"Cookery," Box 12, Newmarket, Auckland, S.E.1.

MILK SAUCES, SALAD DRESSINGS and SAVOURIES

SALADS.—These, too, require a "dressing"; milk is useful for this purpose, and cream is highly valuable.

SIMPLE SWEET SAUCE.

Ingredients:

1 teaspoonful cornflour
Lemon or vanilla flavourings
½ pint milk, 1 dessertspoonful sugar
A few scraps of butter

Method: This makes a delicious sauce for all kinds of boiled, steamed and baked puddings. The general method is to mix the cornflour to a paste with a little of the cold milk, pour boiling milk over, and return to the saucepan, with the sugar, to boil for 5 minutes; then add flavouring. Stir a few bits of butter into the sauce just before serving it.

Any kind of essence or flavouring can be added after the sauce has boiled. A grating of nutmeg, a pinch of powdered ginger, or a couple of tablespoonsful of cooking sherry are very nice with "Spotted Dick" and other suet puddings.

COOKED SALAD DRESSING.

Ingredients:

1½ cups milk
2 eggs
2 tablespoons sugar
½ cup vinegar
1½ teaspoons mustard
1½ teaspoons butter
1 teaspoon salt
1½ dessertspoons flour
Pinch cayenne pepper

Method: Blend flour, salt, pepper, sugar and mustard with about ¼ cupful of milk. Place remainder of milk on to boil, stir in blended ingredients and cook for 2 minutes, stirring all the time. Cool slightly, add vinegar gradually, and pour slowly on to the beaten eggs, stirring constantly. Cook over boiling water until it thickens. Cool quickly to prevent curdling, and pour into a scalded glass jar. Store in a cold place and it will keep for several weeks.

SWEET WHITE SAUCE.

Ingredients:

½ pint milk
Few drops essence
1 dessertspoon cornflour
1 dessertspoon sugar

Method: Blend the sugar and cornflour with a little of the milk, place remainder on to boil, stir in blended cornflour, and cook slowly 3 minutes. Add essence and serve at once.

¶ **The people of Switzerland have the best teeth in the world. Their diet consists chiefly of milk and milk products.**

CREAMOATA

is rich in health giving nourishment

"Oats," doctors say, "are the most nutritious of all cereals!" CREAMOATA — the National Breakfast — is 100% pure sun-ripened oats, and contains the 100% full food value of this valuable grain .... protein, carbohydrates, vitamins and minerals. Easily prepared and economical—3¼ lb. packet gives you 59 generous breakfasts.

Packed in 1 lb., 2 lb. and 3¼ lb. Yellow Packets and specially rolled coarse cut in 3¼ lb. Red Packets

CREAMOATA

CREAM O' THE OAT • THE NATIONAL BREAKFAST

A Product of the Creamoata Mills
Prepared by - FLEMING & COMPANY, LIMITED, GORE

CUSTARD SAUCE.

Ingredients:

1 tablespoonful cornflour
1 or 2 eggs
1 pint milk
Sugar and flavouring to taste

Method: Mix the cornflour to a smooth paste with a spoonful of the milk, add the sugar, pour into a lined saucepan with the rest of the milk and cook, stirring all the time. Take the pan off the stove, and let the contents cool while you beat the eggs to a froth. Add the cooled sauce very gradually to the eggs, stirring always, then pour back into the pan and cook until the custard thickens. If the sauce is to be served hot 1 egg is enough but if cold 2 make a better custard. The flavouring is added when the custard has cooled.

CREAM SAUCE.

Method: Take a clean enamel or copper pan, and melt 1oz. of butter in it. When melted, work well in with a wooden spoon a tablespoonful of flour—or a little more if you want a very thick sauce. Return the pan to the fire for a few minutes, and stir it carefully till the mixture is thoroughly smooth. Now bring half a pint of milk to the boil. Stir it a little at a time into the butter and flour, taking great care to avoid lumps. Cook the sauce for 5 minutes more. Take the pan off the fire and stir in whatever flavouring you like, and a tablespoonful of cream. You can vary this sauce endlessly by means of the flavourings.

MELTED BUTTER SAUCE.

Ingredients:

1 dessertspoon butter
1 dessertspoon flour
½ pint of milk

Method: Melt the butter without browning it, remove saucepan from fire and add the flour, stir till smooth; return to fire, stir and cook very slowly for 1 minute, add milk, stir till boiling. Season to taste. This sauce should be seasoned with salt and pepper for savoury dishes, but may be used for steamed and boiled puddings by adding sugar and essence instead. If required thick for coating or masking, reduce the quantity of milk.

GINGER SAUCE.

Ingredients:

½ pint custard
1 gill ginger syrup
2 ozs. glace or preserved ginger
1 pinch ground ginger
1 teaspoonful lemon juice

Method: Add the ground ginger to the custard powder when making the custard, and make it rather thicker than is usual. Stir in the ginger syrup, the lemon juice, and the ginger cut in shreds and serve.

MORE & MORE

EDMONDS CUSTARD *is* USED EVERY YEAR

It's so delicious . . . so easily made, and of such smooth consistent quality. In five flavours and standard.

Serve EDMONDS CUSTARD HOT or COLD

made by

T. J. Edmonds Ltd., Christchurch

makers of

"SURE TO RISE" BAKING POWDER

and "SURE TO SET" JELLY CRYSTALS

CHOCOLATE SAUCE.

Ingredients:

¼ lb. loaf sugar
¼ lb. good plain chocolate
½ teaspoonful vanilla
4 tablespoonsful milk
1 gill water

Method: Dissolve the sugar in a gill of water over gentle heat, then boil for 5 minutes. Grate the chocolate finely and stir it gradually into the syrup until it is quite smooth. Stir in the vanilla and the cream and serve.

It is best to use a double saucepan for this sauce if possible.

CURRY SAUCE MADE WITH MILK.

Ingredients:

1 small onion
1 oz. butter, lard or clarified fat
1 teaspoon curry powder
1 teaspoon flour
¼ teaspoon salt
Pinch mustard
1 teaspoon cocoanut
Few drops lemon juice

Method: Cut onion into fine dice and fry in hot butter, but do not allow to become a dark colour; add flour, mustard, salt, curry powder; stir over slow fire for 2 minutes. Add milk and cocoanut, stir till boiling, add lemon juice.

This sauce may be used for curried lobster, prawns or crab; curried eggs (hard boiled and cut in four lengthwise); cold cooked vegetables; cooked tripe; macaroni. Add any of the above to the sauce, re-heat and serve with boiled rice.

SQUASH PIE.

Ingredients:

1 cup squash, steamed and strained
1 cup heavy cream
1 cup sugar
3 eggs, slightly beaten
1 teaspoon each cinnamon and nutmeg
¾ teaspoon each ginger and salt
¼ teaspoon mace

Method: Line deep pie plate with puff paste. Brush over paste with white of egg slightly beaten. Sprinkle with stale breadcrumbs; fill, and bake in a moderate oven. Serve warm.

EDMONDS CUSTARD RECIPE.

From a pint of milk take sufficient to mix one heaped dessertspoonful of Edmonds Custard Powder to a thin smooth cream. Add a dessertspoonful of sugar to remainder of milk, bring to the boil and pour the mixed custard slowly into it. Stir and pour into a jug. Serve hot or cold with stewed fruit, puddings, etc.

¶ **Milk is the food par excellence for repairing deficiences in the diet due to too restricted a menu . . ." says J. S. Bainbridge, the noted dietetic authority.**

CHEESE CUSTARD.

Ingredients:

1 pint milk
2 eggs
½ teaspoonful mustard
3 ozs. Cheddar cheese
Pepper and salt

Method: Beat up the eggs with the made mustard, pepper and salt. Warm the milk and pour over them. Add the cheese grated, and turn into a buttered piedish. Sprinkle some more cheese on top, and bake in a moderate oven for 30 minutes. Serve hot, with plain biscuits.

CHEESE FONDU.

Ingredients:

1 cup scalded milk
1 cup soft breadcrumbs
¼ lb. milk cheese, cut in pieces
1 tablespoon butter
½ teaspoon salt
3 egg yolks and whites

Method: Mix first 5 ingredients, add yolks well beaten. Fold in stiffly beaten whites. Pour in buttered baking dish and bake in moderate oven till baked through. Serve at once.

CHEESE PUDDING.

Ingredients:

4 ozs. breadcrumbs
3 ozs. grated cheese
2 eggs
1 pint milk
Salt and pepper
Mustard

Method: Put milk into a saucepan. Add the crumbs to it and bring to the boil. Then allow to cool a little. Add the cheese and the beaten yolks of egg. Season with salt and pepper and a little made mustard. Whip the whites of eggs until very stiff and fold them into the mixture lightly. Pour into a well-buttered fireproof dish and bake in a moderate oven until well risen and a nice brown, about 25 minutes.

MILK DRINKS

BEVERAGES: Milk is used in making hot beverages, as tea, coffee, cocoa. Try tea made with boiling milk instead of water. Coffee is not perfect unless made with at least half milk.

COCOA: Mothers cannot afford to allow children to tire of milk. Variety may be given by the addition of a little cocoa to the milk for one meal a day, and thus the child does not lose its daily quantity of milk.

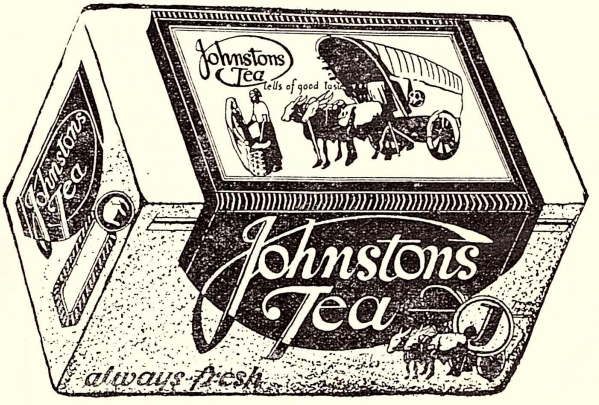
MILK SHAKES, MALTED MILK, EGG NOGS, MILK and ICE CREAM are all excellent for children as well as adults.

HOT WEATHER MILK DRINKS.

1. To one glass of milk add a tablespoonful of ice-cream. Fill up the glass with soda water.
2. Make ½ pint of cocoa with milk, and let it get quite cold. Stand on ice, if possible, for a little while, beat with an egg whisk, pour into a glass, and top with cream which has been whipped and sweetened.

GOOD MILK is most essential to
a good cup of tea.

JOHNSTONS TEA
is rich and mellow



and the way to prove its wonderful fragrance is to try it, then you will know!

Obtainable from leading Grocers
2/8 2/10 3/2 per lb.

FOR A DAINTY MEAL
quickly served try
FRICASSEE *of* SHEEP'S TONGUES
All you need is a tin of

WESTFIELD
SHEEP TONGUES

Heat in the tin before opening and serve with a white sauce. Also delicious served cold with salad.

"Salisbury Sandwich Paste" makes Delicious Sandwiches

From all Grocers

COCOA.

Ingredients:

3 tablespoons cocoa — 2 cups milk
4 tablespoons sugar — 4 cups milk

Method: Mix cocoa and sugar thoroughly. Gradually add 2 cups milk, stirring smooth. Cook over direct flame for 5 minutes, stirring constantly. Turn it into top of double boiler and add the 4 cups of milk, beating with egg beater till froth forms; ¼ teaspoonful of vanilla may be added if desired.

EGG NOG.

Ingredients:

1 egg — 2-3rds glass of milk
Sugar and salt — Vanilla to taste

Method: Beat the white and yolk separately. Add to beaten yolk a little sugar and vanilla, a pinch of salt and milk. Add the white beaten and stir together in bowl. The amounts of sugar and salt must be tested, as Egg Nog should be neither sweet nor salty.

MILK BLOSSOM.

To a glass of milk and soda water add a spoonful of fruit syrup, either raspberry, strawberry or pineapple syrup.

BOSTON MILK.

Ingredients:

1 pint milk — ½ oz. butter
1 oz. flour — Pinch cinnamon
1½ ozs. Demerara sugar — ½ glass raspberry wine

Method: Bring the milk slowly to the boil. Mix the flour smoothly and thinly with a little cold milk, and strain into the hot milk, stirring all the time, and continue doing so until it boils and tastes creamy. Then add sugar, butter, cinnamon and raspberry wine (or any other juice). Mix well, and serve very hot in warmed dessert plates.

FRESH ALMOND MILK.

Ingredients:

4 ozs. sweet almonds — 1 quart milk
4 bitter almonds — 1 tablespoonful sugar

Method: Blanch the almonds and pound them thoroughly. Add the sugar to the pounded almonds and put whole in a jug. Pour the milk over and let it stand for ½ hour before drinking.

MILK POSSET (for Children).

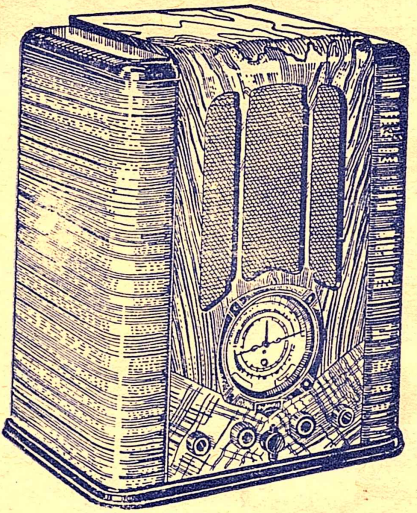
Ingredients:

½ pint milk — 1 tablespoonful honey

Method: Bring the milk to the boil and stir in the honey. Give to child in bed at night to relieve a cold in the head or induce sleep.

¶ **When in town, visit one of the popular Milk Bars. Milk is a refreshing and invigorating safeguard against fatigue while shopping.**

Wholly set up and Printed in New Zealand by the National Printing Co., Ltd , Anzac Avenue, Auckland.



Delightful Home Pleasure
with a

Gulbransen

"World Explorer 7"

Enjoy the fine daily music the famous GULBRANSEN Radio will give you. Home talks, musical programmes — wonderful receptions from the world over—almost without limit is the pleasure the superb GULBRANSEN provides . . . . . Beautiful art cabinets—glorious tone realism—all contribute to the pride of ownership the purchaser of a GULBRANSEN ensures . . . .

CASH or EASY TERMS

Ask for Free Home Demonstration—
TO-DAY

PHONE 42-992

Exclusively from

Lewis Eady LIMITED

192 QUEEN STREET
AUCKLAND
Also at HAMILTON

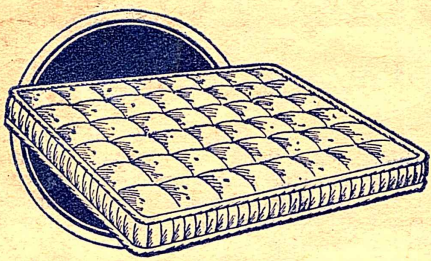
"What's Inside"

Your

MATTRESS

?

THE most important thing to know about a mattress is "what's inside." Outwardly there's little vital difference. Inwardly there's all the difference in the world. The finest grade Samarang kapok and teased wool cuttings, combined by special machinery, go to make the interior of Durodowns. Such is the confidence of the manufacturers that every Durodown sold is accompanied with a guarantee certificate covering a definite period according to the quality.



DURODOWN MATTRESSES

for

COMFORT *and*
DURABILITY

Obtainable at all leading Furnishing Houses and manufactured only by C. T. JONAS Ltd.

Wholly set up and Printed in New Zealand by the National Printing Co., Ltd., Anzac Avenue, Auckland